

All of Us Have Two Sets Of Teeth, Many Get Three

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(This is one of a series of articles on dental health prepared by the Harbor Dental Society, an affiliate of the American Dental Association.)

All of us have two sets of teeth. Too many of us will have three.

One of the factors causing us to lose our teeth prematurely is the food we eat. Primitive man, who ate coarse, fibrous foods and very few sweets, was seldom

troubled by tooth decay. He often wore his teeth flat from the amount of chewing his diet required, but decay was not one of his problems.

WE MODERNS with our easy-to-eat foods and our taste for sugar-rich pastries and cakes, have laid ourselves open to a toothless future.

Studies show that there is a direct relationship between diet and tooth decay. There is also some relationship be-

tween diet and periodontal diseases. The periodontal tissues are the gums and other supporting tissues around the teeth.

A diet heavy in sugar and starches is a direct invitation to tooth decay since bacteria in the mouth quickly turn them into decay-producing acid.

FURTHER, a well-balanced diet is essential to dental health since inadequate nutrition may decrease a per-

son's resistance to periodontal disease.

The texture of foods is also important. Soft foods tend to impact between the teeth and around the gums — a choice spot for bacteria to work.

Persons with periodontal disease often curtail their diet by eliminating the coarse but nutritious foods they need; with tender or swollen gums these foods have become painful to chew.

A DIET good for dental health must, first of all, be good for your general health.

It should contain adequate amounts of milk, meat, poultry and fish, and plenty of fresh fruits and vegetables. Breads and cereals are also part of a good diet.

The fewer times you eat sweets, the better off you are. A piece of candy is 75 or 80 per cent sugar, and a candy bar may contain as much as 20 teaspoonfuls. If you do eat an occasional con-

fection, brush your teeth right afterwards or rinse your mouth with water.

SOME FOODS are called "detergent" foods, and these are especially helpful to dental health. These are the foods like raw carrots and celery sticks, raw vegetables and fruits that require thorough chewing.

As you chew, you force such foods over your teeth and soft tissues in a cleansing action. Your daily diet should contain ample amounts of detergent foods.

Avoid impacting foods that require little chewing and tend to pack into tooth fissures and grooves. Cookies, crackers and candies, for instance, these are your teeth's worst enemies.

GOOD NUTRITION is especially important in early childhood when the teeth are still forming. Wise parents avoid serving sweet foods to children, substituting milk and unsweetened fruit juices and raw fruits for snacks.

A good diet can be interesting and tasty. We can eat well and still eat right. And we'll keep our teeth if we do.

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Armed Forces



IN NEW POST... Walter F. Stebens Jr., 5005 Paseo de Pablo, has been appointed deputy chief of the industrial management evaluation division at the Air Force Contract Management Division Headquarters. Stebens retired from the Air Force in 1961, has worked since at Northrop Nortronics and at North American. He was deputy Air Force plant representative at Northrop Corp. in Inglewood before his Air Force retirement. In his new post, he will be responsible for policy development and guidance of the management evaluation functions at Air Force plant offices.



PAUL B. SIMPSON Marine Pvt. Paul B. Simpson, son of Mrs. Norma L. Simpson of 22527 Gramcrest Ave., has been graduated from eight weeks of recruit training at the Marine Corps Recruit Depot in San Diego.

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